

Woman's Page

Lace Seen on All Articles of Wearing Apparel—Startlingly Impressive When Embroidered and Beaded—Transparent Lace Brims for Hats—Cultivation of Mind—Realize the Powers of Your Own Mind—Baked Lima Beans—Three Other Good Recipes.

FASHION REVELS IN LACE; HAS PLACE ON EVERYTHING.

Lace has flooded the fashion stage these last weeks and left its impress on all articles of wearing apparel. Its use seems just now all absorbing, all embracing. It has forced itself on the important and the unimportant alike. There is nothing that has not felt its touch more or less heavily, according to the individual taste of the individual wearer. And from all indications it is likely to keep itself before the public gaze until by spring it will have spread like a mantle across the face of the whole fashion world.

It is of course in combination with other materials that its most distinctive effects are created. Lace of itself is seldom startlingly impressive unless it is elaborately beaded and embroidered. It needs some more positive element to bring out the charm and beauty of its pattern. And never before has Dame Fashion seemed to realize this fact so thoroughly. With a technique that is well nigh perfect she weaves together her varied elements, always with the lace not predominant and yet strongly backed by dress substantials.

One of the latest and most unexpected novelties is the lace bustle. One stunning evening gown of white charmeuse had a huge, stiffly wired outside bustle of Flemish lace which started at the waist line in front and dipped directly down the sides to the back, where it fell to the knees and flared out at least a foot and a half. This of course was a decidedly extreme model, others being shown of much simpler design and really in infinitely more effective.

Alternating tiers of lace and chiffon in the three and five flounced skirt are found to be much prettier than the skirt, which is made up entirely of tiers of lace. A novel effect is produced by the wiring of the lace flounce and the allowing of the chiffon to fall limp.

While there is nothing new in the transparent lace brim of the modish velvet hat, its popularity shows no signs of abating. No more does the lace butterfly bow at the back of the evening gown nor the wired lace ornaments for the latest coiffure. Lace angel sleeves are also much in vogue. Only one sleeve being used to a gown, following out the one sided trimming effects that have crept into the fashion world so recently. This one sleeve, which falls nearly to the floor, can be worn on the left or right arm as the whim of the wearer dictates, though the right arm is generally the one chosen.

The oriental note has flooded the lace world as much as any other. Stunning laces with figures and borders in Bulgarian, Chinese, Egyptian

and other oriental designs and forms are especially picturesque in the lace of the flit mesh.

CULTIVATION OF MIND.

The cultivation of the mind has for years been neglected and strength and muscle have been developed by means of athletics. One teacher is proving the concentration of mind can accomplish a responsive and efficient human mechanism. He says: Think only of what you want to do and how in doing it the mind—the real you—is directing the muscles. Thus will you tune up your body, get your nerves in a fine responsive, and sensitive condition and will overcome the handicap to success in life—fear.

You see how possible it is for any woman to overcome any difficult task by the concentration of mind. The trouble with most women is that they do not realize that they possess minds. They lean upon the minds of other people. They have no initiative. Unwholesome fear creeps in and says, "You will not, you cannot and you must not." Never yet has fear possessed a reason.

Be wholesome. Know that you have a God given mind, which is part of this spiritual universe. When you realize that fact you will be free from fear. You will be free from jealousy, slander, and prejudice, and the woman who is free from those drawbacks is perfectly wholesome. The realization of the powers of your own mind makes you responsible for every word you say and every action of the body.

RECIPES.

Baked Lima Beans.

Soak over night in cold water a pint of dried lima beans, in the morning rinse and again cover with cold water and let heat slowly to the boiling point; then let simmer until tender, adding at the last a teaspoon of soda. Drain and rinse with cold water. Put a layer of the beans in a baking dish, sprinkle with sweet red peppers chopped fine, and a little salt, also a slice or two of bacon cut in thin pieces. Continue the layers until the beans are used. Have ready stewed and strained tomatoes. Add the tomato sauce to the beans until they are well covered. Bake in a hot oven about two hours.

Breaded Veal Baked.

Two slices of veal from the leg, cut about a half inch thick. Remove the bone and cut into suitable pieces for serving. Dip each piece in beaten egg, then in cracker crumbs, and fry to a golden brown in hot dripping oil, other frying material. Remove from the skillet and arrange the pieces in a single layer in a roasting pan.

Season well with salt and pepper, and pour over enough milk to just cover the meat. Place a cover on the pan and bake in a moderate oven about one and one-fourth hours, or until the milk is entirely absorbed. The meat will be deliciously tender, and is a good substitute for fried chicken. Will serve six people generously.

Filling for Sandwiches.

Here is a delicious filling for sandwiches. Get a piece of beef (from the neck preferred), cover with boiling water, and cook slowly till very tender. Let it stand over night in the liquor it is cooked in. In the morning take meat out and put through meat grinder. The liquor now will be like jelly; mix it into the ground meat, season well with salt, pepper and mustard and enough vinegar to make the meat spread well. Put a crisp lettuce leaf on a slice of bread and spread the meat on the other slice generously, and put together.

Spice Cake.

One-half cup butter, one and one-half cups sugar, cream butter and sugar together. Add three-fourths cup milk, two whole eggs and yolks of two, one cup mince, one rounded teaspoon each of cinnamon, cloves and allspice, one teaspoon vanilla, two rounded teaspoons baking powder, pinch of soda, and a pinch of salt. Bake in loaf or layer. Ice: Two cups of sugar, one cup of milk, and one tablespoon butter. Cook until syrup hangs from fork. Pour while hot over stiffly beaten whites of two eggs. Add nuts or cocoanut and one teaspoon extract of vanilla or lemon as desired. Beat until stiff.

What Thin Folks Should Do To Gain Weight

Physician's Advice For Thin, Underdeveloped Men and Women

Thousands of people suffer from excessive thinness, weak nerves and feeble stomachs, who having tried advertised flesh-makers, food-fads, physical culture stunts and rub-on creams, resign themselves to life-long skinniness and think nothing will make them fat. Yet their case is not hopeless. A recently discovered regenerative force makes fat grow after years of thinness, and is also unequalled for repairing the waste of sickness or faulty digestion and for strengthening the nerves. This remarkable discovery is called Sargol. Six strength-giving, fat-producing elements of acknowledged merit have been combined in this peerless preparation which is endorsed by eminent physicians and used by prominent people everywhere. It is absolutely harmless, inexpensive and efficient.

A month's systematic use of Sargol should produce flesh and strength by correcting faults of digestion and by supplying highly concentrated fats to the blood. Increased nourishment is obtained from the food eaten, and the additional fats that thin people need are provided. A. R. McIntyre Drug Store and other leading druggists supply Sargol and say there is a large demand for it.

While this new preparation has given splendid results as a nerve-tonic and vitalizer, it should not be used by nervous people unless they wish to gain at least ten pounds of flesh—(Advertisement).

BRIDGE ACROSS THE BEAR RIVER

The pipe bridge just below the intake dam on Bear River above Grace, Idaho, which has been under construction by the Utah Power & Light company for several months, has been completed, so far as the concrete portion of the work is concerned, and but very little remains to be done to put the bridge in readiness for the sections of the wood-stave water pipe line it is to carry across Bear river, according to officials here. This is the fourth and a half mile pipe being constructed by the Utah Power & Light company to convey water from the river to the new power plant at Grace.

The bridge carries the pipe across Bear river just below the dam and starts it on the first stage of its 23,000-foot run to the power plant. The bridge is a solid, substantial structure designed to successfully withstand any volume of water the river can send against it and it is built throughout of reinforced concrete with abutments that go down through the river bed and rest on solid rock.

The bridge is 576 feet long and the bottom of the structure is ten feet above the mean average surface of the river.

Twelve piers, forty-eight feet apart support the superstructure of the bridge and sustain the weight of the pipe, which at this point is eleven feet in diameter. These arches are of very heavy construction and are capable of supporting a tremendous weight. The pipe instead of resting on the floor of the bridge is hung from the top of the structure. It is one of the longest pipe bridges in the west and represents an important section of the company's work at Grace in the development of extensive electrical energy.

The new pipe line will take water from the river at the opposite end of the dam from the intake of the old pipe line and the dam itself has been enlarged so that the water in the reservoir at that point may be raised about eight feet.

The construction of the bridge has involved the exercise of much care and engineering ability. The concrete for the forms has all been raised to the top of the structure and then handled by dump cars and gravity. The reinforcing of the cement work is of the most substantial character and the pipe concrete is expected to prove one of the finest pieces of construction work of the entire Utah Power & Light project along Bear river.

F. O. E. DANCE

Benefit Degree team Saturday evening, December 13, 8:00 couple; extra lady 25c. Eagle hall.

Read the Classified Ads.

WOMEN WHO WEAR SEALSKIN CRUEL

Speaker at Vivi-section Congress Makes Listeners Uncomfortable in Their Handsome Coats.

Washington, D. C., Dec. 11.—While a half dozen women in her audience blushed and looked uncomfortable in handsome sealskin coats, Miss Lind Af-Hageby, in the closing session of the International Anti-Vivisection and Animal Protection congress, declared that women who wear sealskin coats ought to be ashamed of themselves.

The women who wear sealskin coats are as cruel as the cruel who get the seals and bleed them alive for women—ignorant and shamefully ignorant women—to wear on their backs," she said.

Miss Lind Af-Hageby admitted that she did not find the theory of a psychic relationship with monkeys as unhappy doctrine, and that she had a monkey once which was "far brighter and far more charming than many human beings I know."

"I assure you that were you to study monkeys closely, as I have studied them—their little lives, their little hearts," she continued, "you would not only find it less difficult in accepting the evolution idea—you would positively find certain parental instincts and relationships that you might be delighted to acknowledge."

The congress, before it adjourned, adopted a resolution which called upon the United States government to appoint a committee of investigation to consist of members of the house to investigate the text book used in public schools, which contain the equivalent of instruction of cruelty, and to pass legislation to secure and enforce a closed season covering a period of five years, which will check the wholesale slaughter of birds which threatens the total extinction of some species.

The congress agreed to meet in Brussels, Belgium, next year, and the details of that congress will be arranged when the committee meets next spring.

An address was made by Henry E. Lanus, the blind state assemblyman of Pennsylvania, on "The Danger of Experiments on Human Beings."

The assemblyman had the subject very close at heart, and in part said: "Vivisection is a relic of barbarous days, and must be stamped out. It is cruel and bears no results."

"There is no greater physical annoyance than tuberculosis eye, and no one is better able to judge of this than I. Any man, scientist or not, who has used a test on an unsuspecting victim can face this victim in after years has not advanced one step from his forehead, the barbarians of ancient times."

Mr. Lanus cited the case of a 12-year-old child who lost his sight through experiments with vaccine by physicians in a Philadelphia hospital. "There is no more atrocious crime on record," he exclaimed, "than that of the family physician who takes advantage of defenseless patients and defenseless women to practice vivisection on them."

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MAY BE A SPLIT IN STATE LEAGUE

Salt Lake, Dec. 12.—The annual winter meeting of the Utah State High School Athletic association will be held in Salt Lake City tomorrow night, J. E. Moss, formerly principal of the Granite high school, is chairman of the association and has called the meeting earlier than usual this year. There will be many important regulations made at the meeting and it was thought wise to hold the session thus early in order to give some of the schools time to adjust themselves to whatever new conditions might be imposed upon them.

In the past there have been about forty high schools represented in the annual state basketball championship and each of these schools has been represented at the annual meeting. Because of the great expense to the association, this plan has been changed and but one man from each of the five districts will be given a voice.

It is believed that there will be some readjustment of the divisions of the league. In the past many of the far outlying high schools were not permitted to play with the schools which were nearer one another. An attempt will be made this year to find a place for all of these schools.

A rumor which is causing some excitement in athletic circles is that the Mormon church high schools will withdraw from the state association this winter and that a church league will be formed. Last year, according to a member of the board of control,

it was with difficulty that the state schools were persuaded to remain in the same league with the church schools. The point of difference between the two was on the age limit, the state schools demanding that no man 21 years old or more should compete, while the church schools maintained that such restriction would be an unfair disadvantage against them.

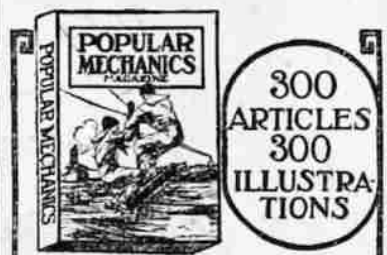
This year the report has it that it is the church schools which want to withdraw and that the B. Y. U. at Provo is responsible for the agitation. The L. D. S. students announce themselves as being strongly opposed to this move and declare that they will do what they can to prevent the suggested change. The L. D. S. is almost completely confined to competition with high schools of this vicinity, none of which is a church school, and to sever connections with them would kill athletics as the L. D. S., according to Clark Young, one of the most influential of the upper-classmen at the L. D. S.

It will also be decided at the meeting tomorrow night which city will get the big final championship tournament and who the officials will be.

U. S. BEHIND IN POTATO CULTURE

Washington, D. C., Dec. 12.—Development of improved potato varieties in the United States has not kept up with the progress made in leading European countries," declared a bulletin just issued by the bureau of plant industry of the department of agriculture.

In this country there is great room for breeding a potato with a greater starch content because American varieties are lower than the German potatoes by from four to eight per cent.



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Comatic conditions, the bulletin says are so diversified in this country that special varieties of potatoes should be developed that will thrive in special localities. A heat resisting plant is needed especially to resist the summer temperature.

Disease resistance is another quality that should be developed. It is so lacking in American potatoes that it is necessary to quarantine against certain foreign types that might introduce diseases. Government, state and private inspection is advocated to obtain disease-free seed in this country.

RIM OF CATUN LAKE RAISED 105 FEET

Washington, D. C., Dec. 12.—To hold back the rising waters of Gatun lake from overflowing into the Atlantic ocean it has become necessary to raise the rim of the lake to 105 feet above sea level at San Saddle No. 4 along a ridge about 12 miles south west of Gatun, near the Atlantic end of the Panama canal. The work on the dyke will be commenced within a few days, the contract already having been awarded by the Isthmian canal commission. This dyke, which will run between the headwaters of the Sirri river and the Lagarto river will be approximately 900 feet long. The surface of the earth at the lowest point is at present 87.4 feet above sea level.

The fill will be between 105 foot contours on knolls at the end of the saddle. When completed this earth work will be 15 feet wide at the top and will contain about 71,500 cubic yards.

SOCIETY WOMEN PLAY POLO.

San Francisco, Cal. Dec. 12.—So-

ciety women of San Mateo and Burlingame, fashionable suburbs of this city, have arranged to play a series of polo games on the San Mateo's club's field, the first of the contest to be held in about a month. Three San Mateo players who made the challenges are:

Mrs. Thomas A. Driscoll, Mrs. Feiton B. Elkins, Mrs. Christian D. Gaige, Jr., Mrs. Charles W. Clark and Mrs. Robin Hayne.

The five who will represent Burlingame are: Miss Yvonne Chase, Mrs. Lee Girvin, Mrs. Oscar Cooper, Mrs. Ward Barron and Mrs. Eugene Murphy.

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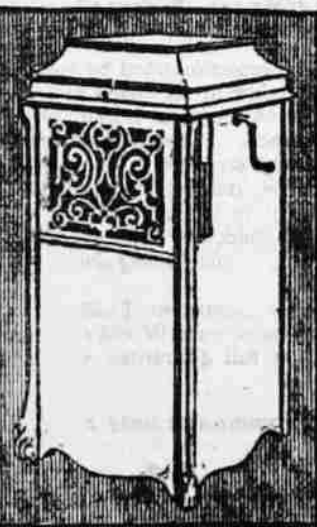
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